

Junior Rowing Consent Form

The information contained on this form will only be used for the purposes of Rame Gig Club. Data will not be disclosed to any external sources other than in an emergency.

Personal Details	
Name of child	
Address	
Telephone number(s)	
Names of parents / guardians	
Name & contact details of an additional person who can be contacted in an emergency	
Medical information	
Please give details of any health problems (e.g. asthma, epilepsy, diabetes) or other disabilities	
Please list any medication	
Please list any allergies (e.g. elastoplast, penicillin, nuts)	
Name and contact details of GP	

- I give permission for my child to be taken to hospital and treated in my absence if necessary and Rame Gig Club have been unable to contact me.
- I give permission for my child to be transported by coaches of Rame Gig Club to and from regattas and other events organised by the Club.
- My child is able to swim at least 25 metres.
- I have read the Rame Gig Club Junior Rowing Policy and the CPGA Codes of Conduct.
- I give / do not give permission to the photographing and / or videoing and publication of images of my child in line with CPGA Child Protection Procedures and Best Practice Guidelines. Images may be published in local press publications, Rame Gig Club Facebook sites and on the Rame Gig Club Website.

Signature of parent / guardianPlease print.....
 Date.....

Junior Rowing Policy

On-Water Rowing

- Before children are able to row in the gigs they must –
 - Be able to carry an oar unaided.
 - Be able to climb in and out of the gig unaided.
 - Be able to comfortably reach the stretchers with their feet.
- Primary school aged children (Year 6 and below) are not permitted to race in gigs. (In accordance with the *"British Rowing Policy Statement : On-Water Rowing by School Children"*).
- Children are permitted to row at the discretion of coaches based upon suitable weather and sea conditions and the experience and competence of individual rowers.
- Buoyancy aids must always be worn in gigs by children under the age of 17.
- Parents / guardians must not leave children unattended at training sessions unless a coach is present.
- It is the responsibility of parents / guardians to inform coaches of any medical conditions, injuries and disabilities which a child may have along with any medication which the child may need.

Fitness Suite

- Children under the age of 16 are not permitted to use the Fitness suite unless they are supervised by an adult.
- No primary school aged children are permitted to use the indoor rowing machines. (In accordance with the *"British Rowing Policy Statement : Indoor Rowing by School Children"*).
- Coaches have the right to turn away children from Fitness Suite training sessions on the grounds of safety in order to comply with the following adult : child ratios –

Ages of children	Number of children	Number of adults required
4 - 8 Years	6 or less	1
9 -12 Years	8 or less	1
13 - 16 Years	10 or less	1

- Rame Gig Club and coaches accept no responsibility for the safety of children if they leave the Fitness Suite during training sessions.
- Parents / guardians must not leave children unattended for training sessions in the Fitness Suite unless a coach is present.
- Parents / guardians must be present for all Fitness Suite inductions for children under the age of 16.